Jump Start



拍數: 32

級數: Easv

級數: Easy Intermediate

編舞者: Junior Willis (USA), Carolyn Robinson (USA), Rick Robinson (USA) & The Epilepsy Fundraiser Attendees in Charleston - November 2007 音樂: Jumpin' - Keke Palmer

牆數:4

Start: 32 counts into music (at vocals)

 Rock, Walk, Mambo cross, Left Vine Weave with flip 81-2 Step back on L, walk forward R, walk forward L 3&4 Rock out to R on R, step L in place, cross step R over L 5&6& Step L out to L, step R behind L, step L out to L, step R across L 7&8 Step L out to L, step R behind L, step L out to L while kicking R slightly out to R Step, Behind, Triple Lock Step wl ½ R, Step, Lock, Step, Mambo cross wl ¼ L 1-2 Step R out to R, step L behind R 3&4 Step L forward with ¼ turn to R, lock step L behind R, step R forward 5-6& Step L forward, lock step R behind L, step L in place, cross step R over L Mambo to Side, Mambo to front, Toes, Heels, Toes, Step-Slide, Hitch 1&2 Rock L out to L, step R in place, step L next to R 3&4 Rock forward on R, step L in place, step Slide, Hitch 1&2 Rock L out to L, step R in place, step R next to L 5&6 Turn both toes out, turn both heels out, turn both toes out (feet should be moving apart from each other during this set of steps) 7-8 Shift weight to L, slide R toward L, bring R knee up to a hitch Touch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel 1-2 Touch ball of R forward while doing a forward body roll 3&4 Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L (be sure and shake your booty during these twists!!!) 5&6 Kick R forward, place R next to L, place L heel forward (weight still on R) 87&8 Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R) Begin again 		
 Rock out to R on R, step L in place, cross step R over L Step L out to L, step R behind L, step L out to L, step R across L Step L out to L, step R behind L, step L out to L while kicking R slightly out to R Step, Behind, Triple Lock Step w/ ¼ R, Step, Lock, Step, Mambo cross w/ ¼ L Step R out to R, step L behind R Step R out to R, step L behind L, step L behind R, step R forward Step L forward with ¼ turn to R, lock step L behind R, step R forward Step L forward, lock step R behind L, step L in place, cross step R over L Mambo to Side, Mambo to front, Toes, Heels, Toes, Step-Slide, Hitch Rock C out to L, step R in place, step L next to R Rock forward on R, step L in place, step R next to L Step T urn both toes out, turn both heels out, turn both toes out (feet should be moving apart from each other during this set of steps) Shift weight to L, slide R toward L, bring R knee up to a hitch Touch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel 1-2 Touch ball of R forward while doing a forward body roll Kick R forward, place R next to L, place L heel forward (weight still on R) & Kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R) 		•
 5&6& Step L out to L, step R behind L, step L out to L, step R across L 7&8 Step L out to L, step R behind L, step L out to L while kicking R slightly out to R Step, Behind, Triple Lock Step w/ ¼ R, Step, Lock, Step, Mambo cross w/ ¼ L 1-2 Step R out to R, step L behind R 3&4 Step R forward with ¼ turn to R, lock step L behind R, step R forward 5-6& Step L forward, lock step R behind L, step L forward 7&8 Rock R out to R making ¼ turn to L, step L in place, cross step R over L Mambo to Side, Mambo to front, Toes, Heels, Toes, Step-Slide, Hitch 1&2 Rock L out to L, step R in place, step L next to R 3&4 Rock forward on R, step L in place, step R next to L 5&6 Turn both toes out, turn both heels out, turn both toes out (feet should be moving apart from each other during this set of steps) 7-8 Shift weight to L, slide R toward L, bring R knee up to a hitch Touch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel 1-2 Touch ball of R forward while doing a forward body roll 3&4 Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L (be sure and shake your booty during these twists!!!) 5&6 Kick R forward, place R next to L, place L heel forward (weight still on R) 87&8 Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R) 		• •
7&8 Step L out to L, step R behind L, step L out to L while kicking R slightly out to R Step, Behind, Triple Lock Step w/ ¼ R, Step, Lock, Step, Mambo cross w/ ¼ L 1-2 Step R out to R, step L behind R 3&4 Step R forward with ¼ turn to R, lock step L behind R, step R forward 5-6& Step L forward, lock step R behind L, step L forward 7&8 Rock R out to R making ¼ turn to L, step L in place, cross step R over L Mambo to Side, Mambo to front, Toes, Heels, Toes, Step-Slide, Hitch 1&2 Rock L out to L, step R in place, step L next to R 3&4 Rock L out to L, step R in place, step R next to L 5&6 Turn both toes out, turn both heels out, turn both toes out (feet should be moving apart from each other during this set of steps) 7-8 Shift weight to L, slide R toward L, bring R knee up to a hitch Touch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel 1-2 Touch ball of R forward while doing a forward body roll 3&4 Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L (be sure and shake your booty during these twists!!!) 5&6 Kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R)		
Step, Behind, Triple Lock Step w/ ¼ R, Step, Lock, Step, Mambo cross w/ ¼ L 1-2 Step R out to R, step L behind R 384 Step R forward with ¼ turn to R, lock step L behind R, step R forward 5-6& Step L forward, lock step R behind L, step L forward 7&8 Rock R out to R making ¼ turn to L, step L in place, cross step R over L Mambo to Side, Mambo to front, Toes, Heels, Toes, Step-Slide, Hitch 1&2 Rock L out to L, step R in place, step L next to R 3&4 Rock forward on R, step L in place, step R next to L 5&6 Turn both toes out, turn both heels out, turn both toes out (feet should be moving apart from each other during this set of steps) 7-8 Shift weight to L, slide R toward L, bring R knee up to a hitch Touch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel 1-2 Touch ball of R forward while doing a forward body roll 3&4 Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L (be sure and shake your booty during these twists!!!) 5&6 5&6 Kick R forward, place R next to L, place L heel forward (weight still on R) & Xick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R)		
 1-2 Step R out to R, step L behind R 3&4 Step R forward with ¼ turn to R, lock step L behind R, step R forward 5-6& Step L forward, lock step R behind L, step L forward 7&8 Rock R out to R making ¼ turn to L, step L in place, cross step R over L Mambo to Side, Mambo to front, Toes, Heels, Toes, Step-Slide, Hitch 1&2 Rock L out to L, step R in place, step L next to R 3&4 Rock forward on R, step L in place, step R next to L 5&6 Turn both toes out, turn both heels out, turn both toes out (feet should be moving apart from each other during this set of steps) 7-8 Shift weight to L, slide R toward L, bring R knee up to a hitch Touch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel 1-2 Touch ball of R forward while doing a forward body roll 3&4 Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L (be sure and shake your booty during these twists!!!) 5&6 Kick R forward, place R next to L, place L heel forward (weight still on R) 87&8 Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R) 	7&8	Step L out to L, step R behind L, step L out to L while kicking R slightly out to R
 3&4 Step R forward with ¼ turn to R, lock step L behind R, step R forward 5-6& Step L forward, lock step R behind L, step L forward 7&8 Rock R out to R making ¼ turn to L, step L in place, cross step R over L Mambo to Side, Mambo to front, Toes, Heels, Toes, Step-Slide, Hitch 1&2 Rock L out to L, step R in place, step L next to R 3&4 Rock forward on R, step L in place, step R next to L 5&6 Turn both toes out, turn both heels out, turn both toes out (feet should be moving apart from each other during this set of steps) 7-8 Shift weight to L, slide R toward L, bring R knee up to a hitch Touch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel 1-2 Touch ball of R forward while doing a forward body roll 3&4 Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L (be sure and shake your booty during these twists!!!) 5&6 Kick R forward, place R next to L, place L heel forward (weight still on R) &7&8 Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R) 	Step, Behind, Triple Lock Step w/ ¼ R, Step, Lock, Step, Mambo cross w/ ¼ L	
 5-6& Step L forward, lock step R behind L, step L forward 7&8 Rock R out to R making ¼ turn to L, step L in place, cross step R over L Mambo to Side, Mambo to front, Toes, Heels, Toes, Step-Slide, Hitch 1&2 Rock L out to L, step R in place, step L next to R 3&4 Rock forward on R, step L in place, step R next to L 5&6 Turn both toes out, turn both heels out, turn both toes out (feet should be moving apart from each other during this set of steps) 7-8 Shift weight to L, slide R toward L, bring R knee up to a hitch Touch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel 1-2 Touch ball of R forward while doing a forward body roll 3&4 Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L (be sure and shake your booty during these twists!!!) 5&6 Kick R forward, place R next to L, place L heel forward (weight still on R) &7&8 Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R) 	1-2	Step R out to R, step L behind R
7&8Rock R out to R making ¼ turn to L, step L in place, cross step R over LMambo to Side, Mambo to front, Toes, Heels, Toes, Step-Slide, Hitch1&2Rock L out to L, step R in place, step L next to R3&4Rock forward on R, step L in place, step R next to L5&6Turn both toes out, turn both heels out, turn both toes out(feet should be moving apart from each other during this set of steps)7-8Shift weight to L, slide R toward L, bring R knee up to a hitchTouch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel1-2Touch ball of R forward while doing a forward body roll3&4Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L(be sure and shake your booty during these twists!!!)5&6Kick R forward, place R next to L, place L heel forward (weight still on R)&7&8Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R)	3&4	Step R forward with ¼ turn to R, lock step L behind R, step R forward
Mambo to Side, Mambo to front, Toes, Heels, Toes, Step-Slide, Hitch 1&2 Rock L out to L, step R in place, step L next to R 3&4 Rock forward on R, step L in place, step R next to L 5&6 Turn both toes out, turn both heels out, turn both toes out (feet should be moving apart from each other during this set of steps) 7-8 Shift weight to L, slide R toward L, bring R knee up to a hitch Touch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel 1-2 Touch ball of R forward while doing a forward body roll 3&4 Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L (be sure and shake your booty during these twists!!!) 5&6 5&6 Kick R forward, place R next to L, place L heel forward (weight still on R) &7&8 Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R)	5-6&	Step L forward, lock step R behind L, step L forward
 1&2 Rock L out to L, step R in place, step L next to R 3&4 Rock forward on R, step L in place, step R next to L 5&6 Turn both toes out, turn both heels out, turn both toes out (feet should be moving apart from each other during this set of steps) 7-8 Shift weight to L, slide R toward L, bring R knee up to a hitch Touch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel 1-2 Touch ball of R forward while doing a forward body roll 3&4 Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L (be sure and shake your booty during these twists!!!) 5&6 Kick R forward, place R next to L, place L heel forward (weight still on R) &7&8 Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R) 	7&8	Rock R out to R making $\frac{1}{4}$ turn to L, step L in place, cross step R over L
 3&4 Rock forward on R, step L in place, step R next to L 5&6 Turn both toes out, turn both heels out, turn both toes out (feet should be moving apart from each other during this set of steps) 7-8 Shift weight to L, slide R toward L, bring R knee up to a hitch Touch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel 1-2 Touch ball of R forward while doing a forward body roll 3&4 Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L (be sure and shake your booty during these twists!!!) 5&6 Kick R forward, place R next to L, place L heel forward (weight still on R) &78 Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R) 	Mambo to Side, Mambo to front, Toes, Heels, Toes, Step-Slide, Hitch	
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 7-8 Shift weight to L, slide R toward L, bring R knee up to a hitch Touch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel 1-2 Touch ball of R forward while doing a forward body roll 3&4 Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L (be sure and shake your booty during these twists!!!) 5&6 Kick R forward, place R next to L, place L heel forward (weight still on R) &7&8 Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R) 	5&6	Turn both toes out, turn both heels out, turn both toes out
Touch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel1-2Touch ball of R forward while doing a forward body roll3&4Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L(be sure and shake your booty during these twists!!!)5&6Kick R forward, place R next to L, place L heel forward (weight still on R)&7&8Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R)	(feet should be moving apart from each other during this set of steps)	
 1-2 Touch ball of R forward while doing a forward body roll 3&4 Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L (be sure and shake your booty during these twists!!!) 5&6 Kick R forward, place R next to L, place L heel forward (weight still on R) &7&8 Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R) 	7-8	Shift weight to L, slide R toward L, bring R knee up to a hitch
 3&4 Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L (be sure and shake your booty during these twists!!!) 5&6 Kick R forward, place R next to L, place L heel forward (weight still on R) &7&8 Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R) 	Touch, Body Roll, Twist Heel, Twist Heel, Kick and Heel, Kick and Heel	
(be sure and shake your booty during these twists!!!)5&6Kick R forward, place R next to L, place L heel forward (weight still on R)&7&8Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R)	1-2	Touch ball of R forward while doing a forward body roll
 5&6 Kick R forward, place R next to L, place L heel forward (weight still on R) &7&8 Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R) 	3&4	Twist R heel out while starting ¼ turn to L, twist R heel out completing ¼ turn L
&7&8 Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way back over the R foot and looking to the R (leaving weight on R)	(be sure and shake your booty during these twists!!!)	
back over the R foot and looking to the R (leaving weight on R)	5&6	Kick R forward, place R next to L, place L heel forward (weight still on R)
	&7&8	Step L next to R, kick R forward, place R next to L, place L heel forward while leaning way
Begin again		back over the R foot and looking to the R (leaving weight on R)
Begin again		

One Restart:

Occurs on the 4th wall, do the first 16 counts of the dance and begin again....

We had a great time putting this dance together at the 2nd Annual Epilepsy Foundation Fundraiser in Charleston, SC. We took the last hour of the day and all the attendees worked with myself and Carolyn and Rick Robinson to create this dance!! Hope you enjoy it.....

